

Abstract of the Disclosure

[0034] A core for casting a metal part having a body with solid portions spaced apart by hollow portions. The body includes at least one support element extending between adjacent solid portions. The support element provides stiffness and strength for the casting core during the casting process. The support element has an optimized shape to prevent the core from fracturing during the casting process and to minimize operating stress in the metal part around the area formed by the support element.